

THE AUSTRALIAN MOTHERCRAFT SOCIETY
PLUNKET SYSTEM

SYDNEY:

Australian Mothercraft Society, Plunket System,
283 Elizabeth Street, and "Karitane," Sydney,
Mothercraft Centre, Woollahra, Sydney.

MELBOURNE:

Tweddle Baby Hospital, Footscray, Plunket System;
The Infant Welfare Centre, Coburg.

TASMANIA:

Baby Clinics, Hobart and Launceston.

WHITCOMBE & TOMBS LTD.,
154 Castlereagh Street, Sydney.

Relief Maternity
THE AUSTRALIAN MOTHERCRAFT SOCIETY
PLUNKET SYSTEM - 283 ELIZABETH STREET, SYDNEY

BABY RECORD



Plunket Nurse's Advice to Mothers

By Courtesy of Sir F. Truby King.
Instructions written in this book are for YOUR Baby only.

WHITCOMBE & TOMBS LTD.,
Sydney and Melbourne.

ALWAYS BRING THIS BOOK.

TO MOTHERS!

The most loving act a mother can do is to nurse her baby.
Nothing can ever replace the milk and the heart of a mother.
Old French Proverb.

Your Baby needs:

I.—AIR. Abundance of pure, cool, outside air, flowing fresh and free day and night.

II.—WATER. Must be boiled.

III.—FOOD. Suitable food, proper intervals. No food between the regular feedings. No night feedings.
Best Food—Mother's Milk.

Best substitute—Humanised Milk, suitably graded.

N.B.—Bottle-fed babies **MUST** have some fresh uncooked fruit or vegetable juice daily. Orange juice is best, but swede turnip or carrot juice may be given instead.

In sickness may need to dilute, modify, or change food, or give only boiled water for a time.

IV.—CLOTHING. Must be non-irritating, non-constrictive, light but sufficiently warm.

V.—BATHING. Bath and dress very quickly in a cosy corner. No dawdling.

See Last Page.

Name of Child

Robert Martin

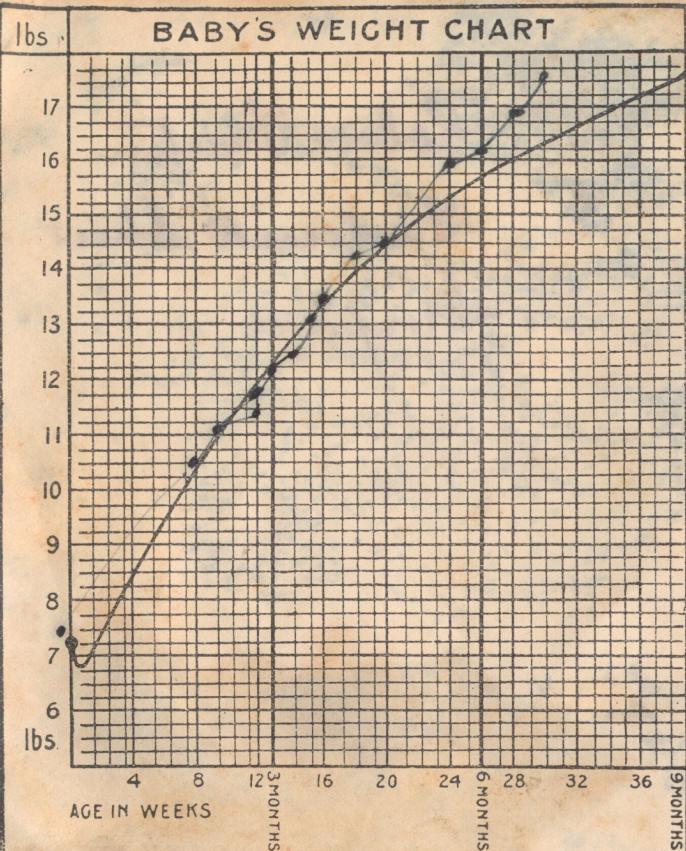
Name of Parent

Frederick Sheet-

Address

Fairfield

N.B.—To prevent risk of mistakes by the mother, the Plunket Nurse will enter clearly in this book any recipe for food she may order.



RECORD OF BABY'S WEIGHT.

RECORD OF BABY'S WEIGHT.

FIRST ADVICE AND INSTRUCTIONS.

Name Robert Martin

When first seen by Nurse 21-9-34

Date of Birth 22-7-37

Present Age 85 7 weeks

Weight at Birth 7.4

Present Weight 16-8 $\frac{1}{4}$

Weight gained in _____ months

Helpful Remarks: Advice, and Instructions given by Plunket Nurse on Baby's Health and Condition, to aid the mother in doing the best for her child. Precise food recipe, if any—

Breast feed 3 hrly
to have 4 hrly feeding

FIRST ADVICE AND INSTRUCTIONS.

28.9.37

95/ weeks

Gained $8\frac{3}{4}$ lbs in 2 weeks

Mother's diet - concealed -

Yest feed $2\frac{3}{4}$ q

First Advice and Instructions—continued.

12.10.37

11 $\frac{5}{9}$ weeks

11 lbs 6 $\frac{1}{2}$

Gained $5\frac{1}{3}$ q in 2 weeks

complement 5 oz

2 oz milk

3 oz water

2 level tbsps borilac

Give 2 oz at 2 hr & 6 hr
to come for test feed 10 am.

Date 16. 10. 37.

Age 12 $\frac{1}{2}$ weeks Weight 11. 6 $\frac{3}{4}$.

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

T. F. 2 $\frac{1}{2}$ ozs

Expressed 1 $\frac{1}{2}$ ozs

Express breast milk & give big
bottle add whey to make up
to 5 $\frac{1}{2}$ ozs each feed

5 $\frac{1}{2}$ x 5. $\frac{1}{2}$

19-10-37

12 $\frac{5}{8}$ ozs

11 lbs 12 $\frac{1}{2}$

Gained 6 $\frac{1}{2}$ ozs in week

26. 10. 37

13 $\frac{5}{8}$ ozs

12. lbs 9

Gained 6 $\frac{1}{2}$ ozs in week

Pat test 41 p.

Date 2 - 11 - 37

Age 14 $\frac{5}{9}$ weeks Weight 12 lbs 9 $\frac{1}{2}$

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Gained 6 $\frac{1}{2}$ oz in week.

motion improved

9 - 11 - 37

15 $\frac{5}{9}$ weeks.

13 lbs 1

Gained 7 $\frac{1}{2}$ oz in week.

gained to 5 $\frac{3}{4}$ oz.

Date 16-11-37

Age 16 $\frac{5}{4}$ mth Weight 13 lbs $6\frac{1}{2}$

Nurse's Comments, Advice, and Instructions,

including precise Recipe for Food, if any—

Gained $5\frac{1}{2}$ oz in 1 mth

Feed to 6 oz. 30g. = 24 lbs

30-11-37

18 $\frac{5}{4}$

13 lbs $15\frac{1}{2}$

14. 4 $\frac{1}{2}$

Gained 14 oz in 2 mths

14-12-37

20 $\frac{5}{4}$ mth

14 lbs $4\frac{1}{2}$

Gained 8 oz in 2 mths

Feed up to $6\frac{1}{2}$ oz each feed

Date 11-1-38. *

Age 24 $\frac{5}{6}$ months Weight 15-13 $\frac{1}{4}$

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any-

Gained 1 lb $5\frac{3}{4}$ oz in 4 months

9 oz each feed.

15 oz

6 $\frac{1}{2}$ oz milk

8 $\frac{1}{3}$ oz water

1 tablet 2 tea sp. horseradish

Prom. give $\frac{1}{4}$ tea spoon a day
increasing to 1 tea spoon.

horseradish $\frac{1}{4}$ tea spoon a day
increasing to $\frac{1}{4}$ tea spoon a day till
having 1 tea spoon

Orange juice 3 tea spoons

Date 18.1.38

Age 6 mts Weight 16.2 $\frac{1}{2}$

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Sained 5 $\frac{1}{4}$ oz in 1 week

1. 2. 38

6 $\frac{1}{2}$ mts

16 lbs 14 $\frac{1}{2}$

Sained 12 oz in 2 weeks.

20 oz

8 $\frac{1}{2}$ oz milk

11 $\frac{1}{2}$ oz water

Karitol 1 tablet 3 tea spoon

Karitol 2 tea spoons a day

Feed up to 4 $\frac{1}{2}$ oz

15. 2. 38

6 $\frac{3}{4}$ mts

17. 8 $\frac{1}{2}$

Sained 10 oz in 2 weeks

Karitol 3 tea spoons a day

Date 1.3.38

Age 7 $\frac{1}{4}$ mts Weight 18 lbs 5

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any-

Gained 12 $\frac{1}{2}$ oz. in 2 weeks

15.3.38

7 $\frac{1}{4}$ months -

18-15

Gained 150g in 2 weeks

2 table sp cereal 10 am

6 hrs 1 table sp

22.3.38

8 mts

19 lbs 1

Gained 2g in wt.

Date 29.3.38 11.8 (no return)
Age 8 $\frac{1}{4}$ nt Weight 19.10

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Given 9 oz + milk.
2 Tablesp of cereal 1800n + 6pm

5.4.38
8 $\frac{1}{2}$ nt
20.6.0 $\frac{1}{2}$

Given 6 $\frac{1}{2}$ gr in 1 week.
complement 20 gr
3 tea of bario
Discontinu 2 pm last.

Date 19458

Age 8 ²/₁₂ mts Weight 20.5

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Gained 4 ¹/₂ oz in 2 weeks

to much weaning

3.5.38

9 ¹/₂ mts

21 lbs 4 oz

Gained 1 lb 2 oz - 2 weeks.
last week weaning

1 ¹/₂ table of orange juice

Date 17.5.38

Age 9 $\frac{3}{4}$ mts Weight 22 lbs 1

Nurse's Comments, Advice, and Instructions,

including precise Recipe for Food, if any—

Boiled 10 oz - 2 mugs
marmite $\frac{1}{8}$ tea spoon.

31.5.38

10 mts

Boiled 9 oz in 2 mugs

cut 2 teeth

of hibens broth

raw apple after meal.

Date 14.6.38

Age 10¹/₂ mth

Weight 23 lbs 2

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Scanned 10 oz = 2 mths

28.6.38

11 mths

24 lbs

Scanned 14 oz = 2 mths.

mutton broth

butter on mutton 1 tea spoon
a day

Orange juice 2 table spoon

12.7.38

11 1/2 mth

Scanned 4 3/4 oz = 2 mths
cut. 3" x 4" teeth

22 g milk

8-10 g water

1 1/3 table spoon banana

1 table spoon sago, ground
rice, or semolina

Date 2.8.38

Age 12 $\frac{1}{4}$ mths

Weight 24 lbs 4

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Lost $\frac{3}{4}$ oz in week

Has had bad cold & not eating

cut 5th & 6th tooth

Steamed vegetables served

Baked apple or prune with padding

Coddled egg yolk 1 tea spoon

Twice a week.

16. 8. 38

12 $\frac{3}{4}$ mths

24 lbs 14

8 ained 10 oz is 2 much

20 oz milk

5 oz water

1 table spoon barley

1/2 ariil 2 tea spoon a day.

8 generous egg yolk to whole yolk

Date 20.9.38

Age 14 m/s Weight 26 lbs 6

Nurse's Comments, Advice, and Instructions,
including precise Recipe for Food, if any—

Gained 1 lb 8 oz - 4 weeks

add white of egg

at 15 ml. common brains &

fish.

Gradually reduce bananas to nil

cut y^o toatl

The following is a list of the Plunket Mothercraft Handbooks by Sir Truby King, K.B., C.M.G.:

"The Expectant Mother and Baby's First Months," Price 3/6, postage 3d.

"Feeding and Care of Baby," Price 3/6, postage 3d.

"Natural Feeding of Infants," Price 1/-, postage 2d.

"The Story of the Teeth," Price 1/-, postage 1d.

"Mothercraft" (Fourth Edition), Price 3/6, postage 4d.

By Mary Truby King:

These books are obtainable at Mothercraft Society Rooms, and Messrs. Whitcombe & Tombs Ltd., 154 Castlereagh Street, Sydney.

N.B.—Don't use a comforter. It is utterly unnecessary, and is always prejudicial to health. A dummy deforms the jaws, teeth and palate, and causes saliva to dribble all the time, thus interfering with digestion. Further, it is a leading cause of "adenoids."—F. Truby King.

VI.—MUSCULAR EXERCISE AND SENSORY STIMULATION.—Not only must baby have plenty of vigorous exercise, in the way of kicking, working the arms and hands, moving the body, etc., but he must also have due stimulation of the skin and nervous system by plenty of outing in the open air and sunshine. The eyes must be protected from glaring light of any kind.

VII.—WARMTH. Warmed air and surroundings are essential for prematures. Healthy babies, like adults, benefit enormously by being kept in pure, cool air, if properly clad.

VIII.—REGULARITY OF ALL HABITS.—Regularity of feeding, with proper intervals and no food between meals. Regularity of exercise, sleep, etc. Regularity of action of the bowels. **Secure at least one motion every day.**

IX.—CLEANLINESS. Cleanliness in everything, especially with regard to food and feeding utensils.

X.—MOTHERING. Proper mothering and handling of a baby are essential for the best growth and development.

XI.—MANAGEMENT. Fond and foolish over-indulgence, mismanagement and "spoiling" may be as harmful to an infant as callous neglect and intentional cruelty.

XII.—REST AND SLEEP. These depend mainly on the above. Remember to turn baby in his cot and remove wet napkins, cold bottles, etc.

N.B.—Baby must NEVER sleep in bed with his mother.